

**SCC X RUNNING YOU CAN DO**

**ZERO TO 5K**

***8 week training  
plan***



STRONG POWERFUL FEMALES  
**SCC**

# ZERO TO 5K RUNNING PLAN

	SESSION 1	SESSION 2
<b>WEEK 1</b>	Repeat 6x: Run 1 min, walk 1 min 30s	Repeat 5x: Run 2 mins, walk 1 min 30s
<b>WEEK 2</b>	Repeat 4x: Run 3 mins, walk 2 mins	Repeat 5x: Run 3 mins, walk 2 mins
<b>WEEK 3</b>	Repeat 4x: Run 4 mins, walk 2 mins	Repeat 4x: Run 5 mins, walk 2 mins
<b>WEEK 4</b>	Repeat 4x: Run 5 mins, walk 1 min	Run 1km, walk 3 mins
<b>WEEK 5</b>	Repeat 5x: Run 500m, walk 2 mins	Repeat 5x: Run 200m, walk 1 min 30s
<b>WEEK 6</b>	Repeat 5x: Run 800m, walk 2 mins	Repeat 4x: Run 400m, walk 2 mins
<b>WEEK 7</b>	Repeat 2x: Run 2km, walk 3 mins	Repeat 4x: Run 500m, walk 2 mins
<b>WEEK 8</b>	Repeat 8x: Run 100m, walk 1 min	5KM RACE DAY!!



# WEEK ONE

## RUN ONE

***Aim 2.4km - estimated time 25-30 minutes***

- 5 Minute Warm Up
- **Repeat 6 times**
  - 1 Minute running - this is a pace you should be able to have a conversation
- Followed by
  - 1 minute 30 seconds walking
- 5 minutes cool down walking

## RUN TWO

***Aim 2.9km - estimated time 25-30 minutes***

- 5 Minute Warm Up
- **Repeat 5 times**
  - 2 Minute running - this is a pace you should be able to have a conversation
- Followed by
  - 1 minute 30 seconds walking
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK TWO

## RUN THREE

***Aim 3.2km - estimated time 30-35 minutes***

- 5 Minute Warm Up
- **Repeat 4 times**
  - 3 Minute running - this is a pace you should be able to have a conversation
- Followed by
  - 2 minutes walking
- 5 minutes cool down walking

## RUN FOUR

***Aim 3.8km - estimated time 30-35 minutes***

- 5 Minute Warm Up
- **Repeat 5 times**
  - 3 Minute running - this is a pace you should be able to have a conversation
- Followed by
  - 2 minutes walking
- 5 minutes cool down walking

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# WEEK THREE

## RUN FIVE

***Aim 3.7km - estimated time 30-35 minutes***

- 5 Minute Warm Up
- **Repeat 4 times**
  - 4 Minute running - this is a pace you should be able to have a conversation
- Followed by
  - 2 minutes walking
- 5 minutes cool down walking

## RUN SIX

***Aim 4.3km - estimated time 35-40 minutes***

- 5 Minute Warm Up
- **Repeat 4 times**
  - 5 Minute running - this is a pace you should be able to have a conversation
- Followed by
  - 2 minutes walking
- 5 minutes cool down walking

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# WEEK FOUR

## RUN SEVEN

***Aim 4km - estimated time 30-35 minutes***

- 5 Minute Warm Up
- **Repeat 4 times**
  - 5 Minute running - this is a pace you should be able to have a conversation
- Followed by
  - 1 minutes walking
- 5 minutes cool down walking

## RUN EIGHT

***Aim 3.4km - estimated time 30-35 minutes***

- 5 Minute Warm Up
- 1km Running - this is a pace you should be able to have a conversation
- Followed by 3 Minutes walking
- 5 minutes cool down walking

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# WEEK FIVE

## RUN NINE

***Aim 4.2km - estimated time 35-40 minutes***

- 5 Minute Warm Up
- **Repeat 5 times**
  - 500m Intervals - this is a pace you should be able to have a conversation
- Followed by
  - 2 minutes walking
- 5 minutes cool down walking

## RUN TEN

***Aim 3km - estimated time 25-30 minutes***

- 1km run slow pace to warm up
- **Repeat 5x times**
  - 200m Running - I want you to push a little harder here
- Followed by
  - 1 minute 30 seconds walking
- 1km run slow pace to cool down

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# WEEK SIX

## RUN ELEVEN

***Aim 5.7km - estimated time 45-55 minutes***

- 5 Minute Warm Up
- **Repeat 5 times**
  - 800m Intervals - this is a pace you should be able to have a conversation
- Followed by
  - 2 minutes walking
- 5 minutes cool down walking

## RUN TWELVE

***Aim 3.6km - estimated time 30-40 minutes***

- 1km run slow pace to warm up
- **Repeat 4x times**
  - 400m Running intervals - I want you to push your pace here
- Followed by
  - 2 minutes walking
- 5 minutes cool down walking

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# WEEK SEVEN

## RUN THIRTEEN

***Aim 5.4km - estimated time 40-50 minutes***

- 0.5k run slow pace to warm up
- **Repeat 2 times**
  - 2km running - this is a pace you should be able to have a conversation
- Followed by
  - 3 minutes walking
- 5 minutes cool down walking

## RUN FOURTEEN

***Aim 4km - estimated time 35-40 minutes***

- 1km run slow pace to warm up
- **Repeat 4x times**
  - 500m Running intervals - I want you to push your pace here
- Followed by
  - 2 minutes walking
- 1km run slow pace to cool down

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# WEEK EIGHT

## RUN FIFTEEN

***Aim 2.8km - estimated time 25-35 minutes***

- 1k run slow pace to warm up
- **Repeat 8 times**
  - 100m running - I want you to push the pace here
- Followed by
  - 1 minute walking
- 1k run slow pace to cool down

## RUN SIXTEEN

**5KM RACE DAY!!!!**

- 5 minute warm up

**NOW GO AND SMASH IT!**



***\*Please refer to 'Warm Up & Cool Down' section for full details***

**I AM SO PROUD OF  
YOU & YOU SHOULD  
BE SO PROUD OF  
YOURSELF!**



**STRONG POWERFUL FEMALES**  
**SCC**